

Envisioning Card

Crime and Safety Barriers

Experiencing crime events in a neighborhood repeatedly can lead to *learned helplessness* (a feeling of powerlessness that comes from repeatedly experiencing challenges) —which can lead to lowered motivation to be active outside.

Revise your design to minimize learned helplessness to be active given the crime risks that families face.

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Disempowered by Narratives

While there are many neighborhood associations aimed to increase their community's wellbeing, many community members did not participate in these programs.

Revise your design so that it helps families to engage in collective action within their communities.

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Not Exercising Together

Some parents have work schedules that prevent them from being active with their children.

Revise your design to help families exercise together given the difficult schedules they may face.

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Can't Interpret Data

Newer fitness apps provide tools to help users understand the meaning of the data, (e.g., using pictures or voice explanations). However, to be active, families need to develop support structures to be active (e.g., planning time and places to be active, getting social support).

Revise your design to help families develop personalized support structures.

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Unready to be Active

While many families of low-SES background believe that physical activity is important to live a healthy life, many families prioritize education over physical wellbeing.

Revise your design to promote physical activity for families who put more emphasis on their children's education than preventing obesity.